

Student Goals and Growth

A key component of Power Lunch is supporting our student's socio-emotional growth. A great way to do this is by setting Power Lunch goals for the year. Goal setting is important for your student because it provides a sense of purpose that can improve confidence and build self-esteem. It can also help your student to focus and make better decisions. Along with all this, goal setting can be used to motivate your student by ensuring that some smaller goals are achieved on a regular basis.

How can you introduce goals and goal setting to your student?

Provide examples of goals and goal setting from your own life. If you've achieved a personal goal, explain to your student how you determined your goal and outline the steps you took to achieve it. For example, you might explain that you chose to set a goal because change or progress was wanted or needed, i.e., you were planning a long hiking trip and needed to be in good physical shape in order to go on the trip, so to meet your goal, you worked to increase the amount of exercise you got each day.

Present examples of famous goal-setters like [Michael Jordan](#). Emphasize that spending time working towards your goal—even when you're discouraged—can lead to great things.

Have a conversation about goals with your student and discuss their interests and what could be accomplished during your Power Lunch sessions. Consider goals such as:

- Read the entire Lunch Lady series and then write to the author
- Read 10 picture book biographies
- Investigate how robots work
- Read poetry and write poems
- Read 10 books and write 5 book recommendations
- Find out all about the water cycle
- Read all the books in a series then write a new book for the series
- Write a sequel to a favorite book
- Read a different genre of book every week
- Create new illustrations for a book
- Invent a new word game to play

Each student folder will have a Power Lunch Goals handout for you and your student to fill out. Keep track of your goals and return to them periodically to track progress, revise, or refine. At the end of the program year, use them to reflect together on a great year of reading!

Our Goals

Where Adults Read with Children
EVERYBODY **WINS!**

Student Name: _____

Reading Mentor Name: _____

Talk about what new things you want to explore during Power Lunch. You can set a weekly goal, a monthly goal, or goal(s) for the school year. Write your ideas down:

Brainstorm and discuss:

- What you want to accomplish
- Why you want to accomplish it
- What steps you will have to take to accomplish your goal
- What obstacles might stand in the way of accomplishing your goal

Write down the things you want to accomplish:

What will you do to accomplish these goals?
Come up with a plan! Write your plan on the back of this sheet.

Our Plan

Remember: You can always revisit and refine your goals and plans!

Make notes here to keep track of how you work toward your goal(s) each week.

How well did it go? Take time to reflect: What did you learn? What is your new goal?